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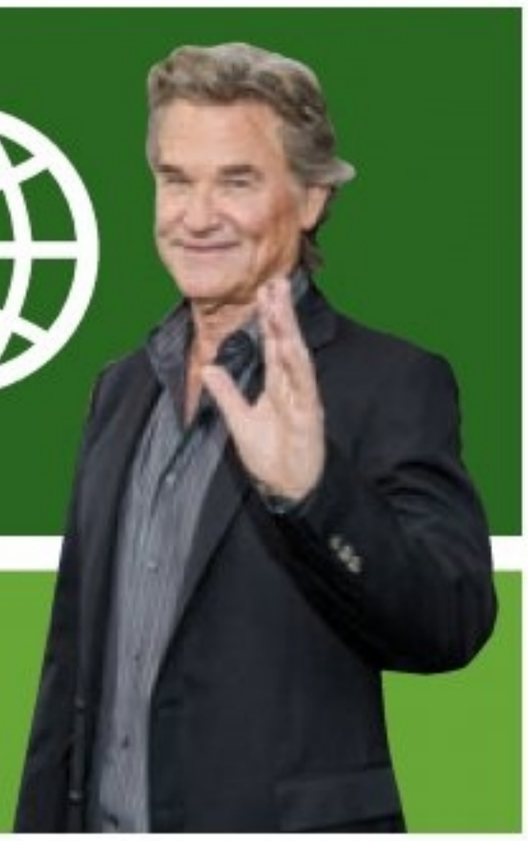

KURT RUSSELL TALKS 'STACHES

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BUILDING TRUST

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TONY WEBB

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3 things you need to know

FATAL POLICE SHOOTING OF BLACK MAN IN LOS ANGELES DRAWS PROTEST

A fatal police shooting of a black man in Los Angeles is under investigation, police said on Sunday, a day after the deadly use of force drew protesters to the scene. The shooting occurred about 1 p.m. on Saturday after police chased a vehicle that did not comply with a traffic stop, the Los Angeles Police Department said in a statement. The incident was the latest officer-involved shooting to stoke concerns about racial bias in policing in the United States. Two black males got out of the car at the traffic stop and fled on foot, police said. Officers followed one of them to a residence, where he was shot and killed, the statement said. The man, who has not been identified by police, was pronounced dead at the scene. REUTERS

SYRIA PRESSES ALEPPO ADVANCE, TELLS REBELS TO LEAVE

2 Syrian government and allied forces have advanced toward Aleppo, pursuing their week-old offensive to take the rebel-held part of the city after dozens of overnight air strikes. The Syrian army told the insurgents to leave their positions, offering safe passage and aid supplies. Syrian forces supported by Iranian-backed militias and Russian air power began their push to take the whole of the divided city after a cease-fire collapsed last month. An air campaign by the Syrian government and its allies has been reinforced by a ground offensive against the besieged eastern half of Aleppo, where insurgents have been holding out. Hospitals have been badly hit in the assault, medics say. While Russian Foreign Minister Sergei Lavrov and Secretary of State John Kerry spoke by phone to discuss normalization of the situation, Britain said the bombing of hospitals by forces loyal to Syrian President Bashar al Assad made it impossible talk about peace. REUTERS

DEUTSCHE BANK RACES AGAINST TIME TO REACH US SETTLEMENT

3 Deutsche Bank is throwing its energies into reaching a settlement before next month's presidential election with U.S. authorities demanding a fine of up to $14 billion for mis-selling mortgage-backed securities. The threat of such a large fine has pushed Deutsche shares to record lows and a cut-price settlement is urgently needed to reverse the trend and help to restore confidence in Germany's largest lender. A media report said that Deutsche and the U.S. Department of Justice were close to agreeing a settlement of $5.4 billion lifted the stock to close 6 percent higher, but that report has not been confirmed. REUTERS

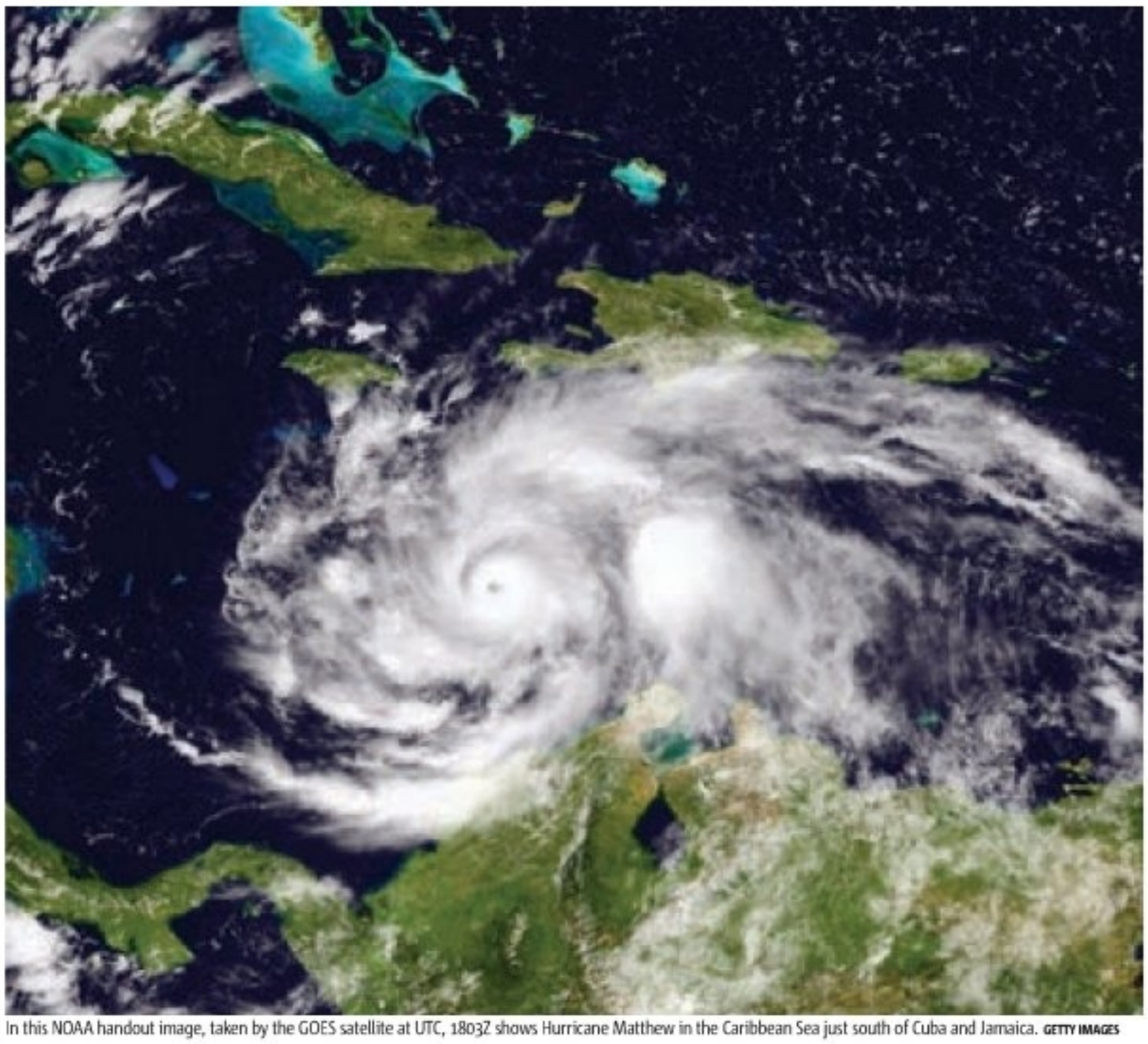
METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. What did the Philadelphia police commissioner suggest caused officers to fire 109 rounds at a man who attacked five people?

2. How many home runs did Ryan Howard hit in 2006, a Phillies record?

3. Which Elvis movie did Kurt Russell appear in as a child actor?



In this NOAA handout image, taken by the GOES satellite at UTC, 1803Z shows Hurricane Matthew in the Caribbean Sea just south of Cuba and Jamaica. GETTY IMAGES

MATTHEW TEARING THROUGH CARIBBEAN

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

Matthew temporarily became the strongest hurricane in over a decade Friday night as winds peaked at 160 mph, exceeding Category 5 level. Hurricanes of that intensity are capable of catastrophic damage.

The last storm to reach the strength of Matthew in the Atlantic basin was Hurricane Felix in 2007 with winds of 175 mph. An estimated 130 people died in that hurricane.

On Sunday, Matthew weakened to a very powerful Category 4 hurricane with winds of 145 mph, but still capable of widespread destruction. The intensity of Matthew will fluctuate over the next 48 hours as it interacts with the land masses of western Haiti, eastern Cuba and Jamaica.

Haiti looks to be in the crosshairs of Matthew and by late today and tonight, the island nation could take on a deadly and devastating blow. Deforestation in Haiti has dramatically increased the potential for flooding and landslides. Many Haitians live in ramshackle homes that would be exposed to the wrath of Hurricane Matthew.

If the storm stays on its projected track, Jamaica and eastern Cuba will take a major hit, but not as bad as Haiti. The most powerful quadrant of almost all hurricanes are on the northeast flank, which would put Haiti directly in its path.

Future track of Matthew

Matthews future track and intensity is still uncertain. Right now, we are pretty confident that once Matthew moves away from Jamaica, Haiti, and Cuba, it's pretty certain that it will slam into the central Bahamas by Wednesday as at least a major hurricane with winds of around 125-130 mph.

Philadelphia

Today: Breaks of sun, showers, High 74

Tuesday: Mostly cloudy, High 70

Wednesday: Clouds and sun, High 70

Thursday: Clouds and sun, High 72

Friday: Clouds, breezy, High 71

Weekend: Uncertain depending on the future track of Hurricane Matthew

After the Bahamas

Most computer models agree that Matthew will slowly move off the Florida coast by Thursday or Friday and not directly strike the state.

After that, models have a wide margin for error, but the consensus as of now (and as of now is very important to understand as its path is still uncertain) is that Matthew could buzz the South Carolina and North Carolina coasts by this coming weekend, and then either begin to veer more northeastward, sparing the mid-Atlantic and Northeast of a direct strike. In another scenario, it could buzz off the coasts of the Carolinas, Virginia, New Jersey, Long Island and southern New England by late in the weekend.

A European model has it veering off the coast and actually then heading toward the coast of Maine by next week.

Meteorological conundrum

The timing of a deep trough to swing from the Plains to the East Coast and exactly what position Matthew will be at the time will dictate Matthew's future impact on the Northeast, whether it's simply strong, gusty winds and tidal flooding along the coast, or something with much more of an impact, For now, the jury is still out.

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TONY WEBB

Hero Thrill Show attempts to build community trust

"Events like this show that even with all that's smoldering, there is good."

A.D. AMOROSI
@MetroPhilly
letters@metro.us

Jarred Lee brought his youngest son to the 62nd Annual Hero Thrill Show on Sunday to see "all the cool cars."

But there might have been a more important reason for the outing.

The heroes in the show are Philadelphia officers and firefighters.

Lee and his son are black. And Lee is well aware of the racial tension between police and African-Americans in several communities nationwide.

"These situations are truly egregious, but you must have common sense, good judgment, and see each situation on a case-by-case basis," he said of the shootings of unarmed black men by police. "There's no blanket statement to be had for every situation."

Since mid-September, there have been two police-involved violent confrontations in Philadelphia. A cop-hating gunman went on a shooting spree on Sept. 17 in West Philadelphia, wounding two police officers and killing one female bystander before being shot and killed by police. And just days ago, nine police officers reportedly fired 109 rounds at Christopher Sowell, a West Philly man accused of beating, stabbing and choking five people, including his son and daughter.

Against this backdrop, the show went on as planned. An estimated 15,000 people — a mix of black and white faces — sat in the stands outside the Wells Fargo Center to watch the feats of the police and firefighter motorcycle drill teams, K9 units, SWAT and bomb squads and to learn more about firefighting equipment.

There were no protests, no demonstrations.

"There was never protest on our radar for this event," said police Commissioner Richard Ross. "That's heartwarming. We're openly looking to build up trust between our force and the community. Give us that opportunity."

"There are those who have legitimate beefs with the police and those who don't, but we should all come to the table to openly discuss them."

Retired police motorcycle officer Thomas J. Gibbons was a Hero Thrill Show Grand Marshall. He was wounded and his partner killed in 1970 amid racial turmoil at that time.

"I'm proud there's been no real tension in Philly between the police, the public and protesters," he said. "Events like this show that even with all that's smoldering, there is good. Look, It's tough out there. I wouldn't want to be a police officer today."

His father was the legendary police commissioner Thomas J. Gibbons and he has two nephews now on the force.

Tyler McGuigan, 21, a criminal justice major at King's College in Wilkes-Barre, hopes to become a police officer one day and follow in the footsteps of his father, an officer featured in the show.

It's "ridiculous" that police go through the scrutiny they do "from the media in particular" in the name of upholding the law he said. "Without police, there would be chaos."

Proceeds from the event benefit the education of the children of police officers and firefighters who lost their lives in the line of duty.

"We have been able to pay for 18 children to go to college with several more in the immediate pipeline," said Hero Thrill Show President/CEO Jimmy Binns.

And Binns has advice for anyone who feels police are the unfair, unjust: "Come out to our next thrill show and see how good these guys truly are.

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GETTY IMAGES

Commissioner: 'Contagious gunfire' possible in takedown of attacker

Nine officers fired 109 shots at Christopher Sowell after he attacked son, daughter and three others.

GARY KANE
@MetroNewYork
gary.kane@metro.us

Philadelphia police officials intend to review the death of a man who viciously attacked five people and then was gunned down by nine officers who fired 109 shots at him.

Police Commissioner Richard Ross told news reporters on Friday that the number of rounds fired was unusual and suggested that "contagious gunfire" might have been the cause.

"In a very volatile situation, particularly with a number of officers present, if there is one officer who reacts quicker than the rest and fires — and this was in fact a very dangerous and volatile situation based on what they knew — other officers hear that gunfire, and they believe they are now under fire, and that they return fire," Ross explained.

"Clearly, 109 rounds is a significant cause of concern, regardless of what the circumstances are," he added. "It is not an indictment of the police officers, but it may be a significant training issue we need to address."

The commissioner said he didn't know how many bullets hit Christopher Sowell on Wednesday night, but that most of his wounds were to his lower body.

Police fatally shot Sowell after he had stabbed his 8-year-old son and the boy's friend, and attacked three other people in the Cobbs Creek neighborhood.

Among those who were attacked was Sowell's daughter, whom he choked, an elderly neighbor, whose throat he slashed, and a woman whom he punched.

All the victims were hospitalized. The three stabbing victims were said to be in critical condition.

The motive for Sowell's violent spree hasn't been reported.

BRIEFS

Police search for two suspects in armed home invasion
Philadelphia police are asking for the public's help to find two men who are suspects in an armed home invasion reported in North Philadelphia early Saturday morning.

Police told 6ABC that a 23-year-old man said he was asleep in his West Thompson Street apartment at 3 a.m. when he woke up to a man he didn't recognize pointing a gun at him.

The suspect ordered him to disable the locator apps on his cell phone and laptop, and made off with the electronics when he heard the victim's roommate enter the apartment.

That roommate told police that he saw the first suspect run downstairs, soon followed by a second man. Both pointed guns at the roommate, the local ABC affiliate reported.

Police said that the suspects also made off with several wallets.

The two suspects were described as men with scruffy beards, about 5-foot-10 and 175 pounds. Both were wearing dark clothing, including black hooded sweatshirts at the time, Philly.com reported.

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Stressed out by US election? Tune out and assume downward-facing dog pose

While some patients are unhappy with the idea of a Hillary Clinton presidency, most are worried about Donald Trump.

Stop reading the news and take up yoga. That's what some therapists in the United States are telling patients stressed out by a nasty presidential campaign in which two unpopular candidates are in a tight race for the most powerful office in the world.

The therapists said their patients have complained of difficulty sleeping, irritability and heart palpitations. They said they were advising clients to limit exposure to the news and take up breathing exercises and yoga to calm down.

"I've never seen this level of stress and anxiety over an impending election in my 26 years [of practicing]," said Nancy Molitor, a clinical psychologist from just outside Chicago.

Molitor said she had two elderly patients who were worried that their grandchildren would inherit an America in turmoil. Another, a World War Two veteran, sees similarities between Trump and the Italian dictator Benito Mussolini, Molitor added.

Clinton has accused Trump of racism and sexism, and her campaign frequently calls him "unhinged" and unfit for the presidency, saying he has a volatile temperament that could endanger U.S. national security. Trump, in turn, has said Clinton is a corrupt lifelong politician who should be jailed for her use of a private email server without official approval while she was secretary of state.

Yoga GETTY IMAGES

Philip Muskin, professor of psychology at Columbia University Medical Center, said the anxiety among his patients reminded him of the aftermath of the Sept. 11, 2001 al Qaeda attacks, and the crashing to Earth of America's first space station, Skylab, in 1979, which had people around the world worried they could be hit by falling space debris.

"Things where, for everybody, the sense of control is gone," Muskin said.

Adding to the anxiety is the fact that the two candidates in the Nov. 8 election are the most unpopular in modern U.S. history. Some 57.5 percent of Americans have an unfavorable view of Trump, and nearly 54 percent have an unfavorable view of Clinton, according to Reuters/Ipsos polling.

There is no data available to quantify the election-related anxiety, but the therapists' anecdotes give some insight into the state of the national psyche.

Elaine Ducharme, a clinical psychologist from Glastonbury, Connecticut, said the election was also on the minds of all of her patients. "I can't think of a person I've talked to (who) does not feel anxious about this," she said.

Therapists, themselves, aren't immune to these anxieties.

Lynn Bufka, executive director for practice research and policy at the American Psychological Association, said one patient was concerned that much of the criticism of Clinton was just because she was a woman, and this had affected how the patient viewed herself.

"What does this mean for her as a woman? Have things really changed that much for her in terms of what she can do?" Bufka recalled the patient wondering.

Trump has said Clinton, who would be America's first female president, lacks a "presidential look" and has called other female critics "fat," "pig," or "bimbo."

Bufka said Latino and Muslim patients are also anxious about Trump's proposals to build a wall along the Mexican border and to temporarily suspend immigration by Muslims.

Her advice: "Turn off the news feed. Stop reading everything if it just gets you more stressed."

REUTERS

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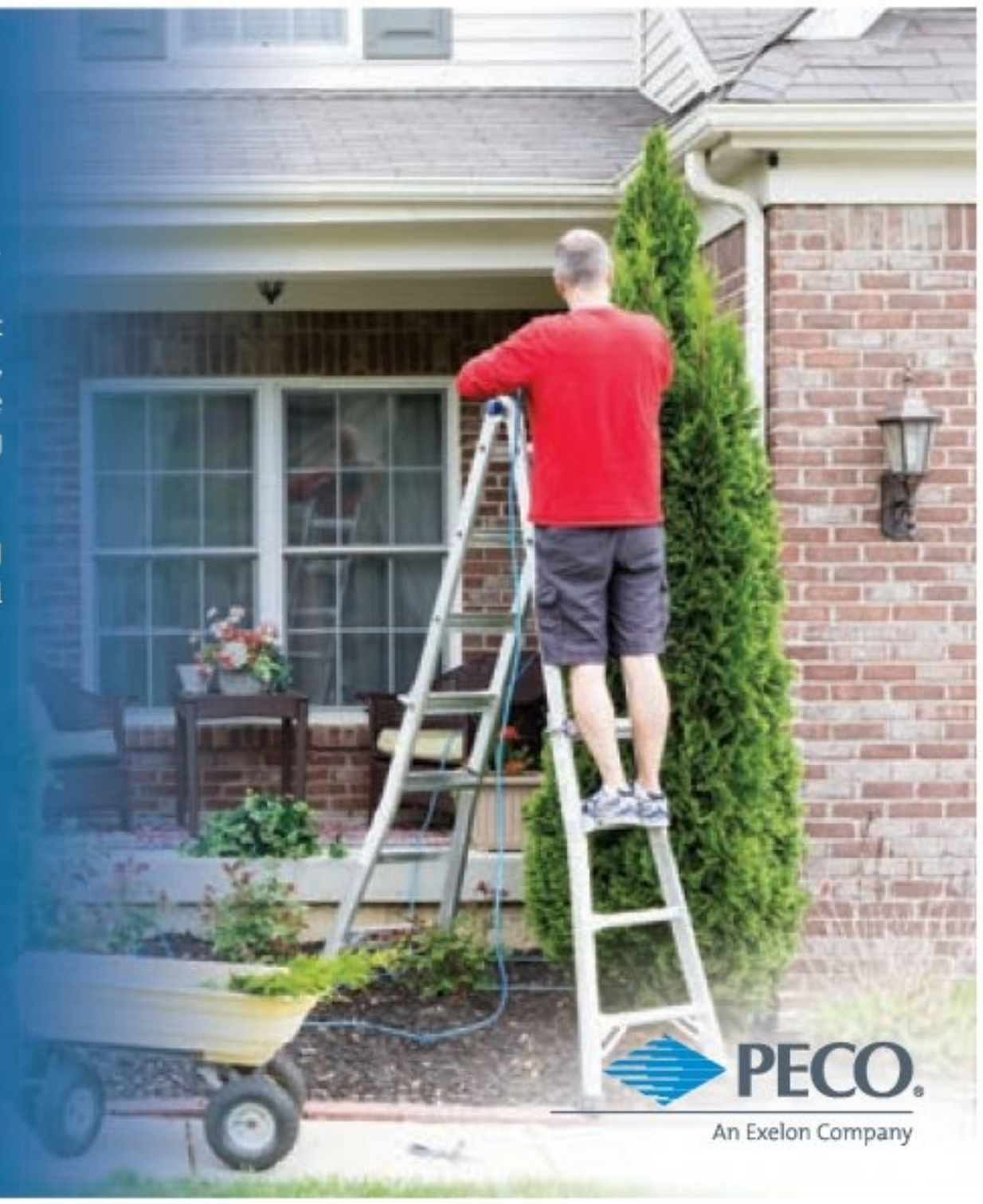
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1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453.

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DeSean Jackson lets his footwear do the social talking

The Redskins WR brought attention to what he described as the "senseless killings of both citizens and police" by wearing custom-made cleats.

Wide receiver DeSean Jackson of the Washington Redskins wears cleats displaying police caution tape prior to a game against the Cleveland Browns at FedExField on Sunday. GETTY IMAGES

National Football League players continued to make silent social statements during the United States national anthem on Sunday, while a Washington Redskins receiver let his footwear do the talking.

Jackson wore white-and-blue cleats painted with yellow police caution tape for the national anthem but changed before the game.

"Today is the start of my attempts to be part of a solution and start dialogue about the senseless killings of both citizens and police," Jackson said in a statement, adding that he did not consider his action to be a protest.

"I have chosen to wear these cleats in pre-game today to use my platform as a pro athlete to add to this discussion.

"This isn't meant to be any kind of protest against the good men and women in law enforcement in this country. I just want to express my concern in a peaceful and productive way about issues that are currently impacting our country."

The Redskins had no objection to Jackson's shoes.

"We stand in support of both DeSean and the law enforcement community," the team said.

Elsewhere, the Seattle Seahawks' players continued their demonstration of unity by linking arms during the national anthem before their game at the New York Jets.

Meanwhile, at least half a dozen other players made a silent statement during the anthem, including Bruce Irvin and Malcolm Smith of the Oakland Raiders.

For the second straight week they raised their right fists in scenes reminiscent of sprinters Tommie Smith and John Carlos during the 200 meters medal ceremony at the 1968 Olympics.

San Francisco 49ers quarterback Colin Kaepernick started what has become a controversy when he began the gestures against injustice and police brutality by refusing to stand for "The Star-Spangled Banner" during pre-season games. REUTERS

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Supreme Court to weigh reach of insider trading law

The facade of the United States Supreme Court building. GETTY IMAGES

The U.S. Supreme Court is set to consider this week a closely watched insider trading case that could limit the ability of prosecutors to pursue such charges against hedge fund managers and other traders.

The eight justices, who open their 2016-17 term on Monday, will hear arguments on Wednesday in the case of an Illinois man, Bassam Salman, who prosecutors said made nearly $1.2 million trading on inside information about mergers involving clients of Citigroup Inc., where his brother-in-law worked.

It is the first time in two decades that the Supreme Court has taken up a case involving insider trading, a crime that the U.S. Congress has never defined and has left the courts and the Securities and Exchange Commission to shape.

Salman was convicted of conspiracy and securities fraud charges arising from insider trading and sentenced in 2014 to three years in prison.

At issue in Salman's appeal is whether the government in insider trading cases must prove that an alleged source of corporate secrets like the brother-in-law received a tangible benefit like cash in exchange for any tips.

Lawyers and prosecutors say that requiring such proof would make it harder for authorities to pursue insider trading cases, potentially preventing prosecutions in which corporate executives tip friends or relatives without any tangible quid pro quo.

"This will be a court decision that could have significant ramifications on if tipping cases can continue to be brought with the fervor they have been brought in the last decade," said David Miller, a defense lawyer at the law firm Morgan, Lewis & Bockius.

The appeal follows ramped-up efforts by U.S. authorities to crack down on insider trading, with the SEC announcing charges against more than 550 people in the past six years.

A wave of insider trading cases brought by Manhattan federal prosecutors, meanwhile, resulted in Galleon Group founder Raj Rajaratnam's conviction in 2011 and a $1.8 billion settlement and plea deal in 2013 with hedge fund SAC Capital Advisors LP.

But in December 2014, a federal appeals court in New York dealt prosecutors a major blow by overturning the conviction of two hedge fund managers, Todd Newman and Anthony Chiasson, and narrowing authorities' ability to pursue such cases.

The New York-based 2nd U.S. Circuit Court of Appeals held that to be convicted, a trader must know that the source received a benefit in exchange, and that such a benefit was "at least a potential gain of a pecuniary or similarly valuable nature."

The ruling forced prosecutors under Manhattan U.S. Attorney Preet Bharara to drop charges against 12 other defendants, out of 107 people charged under his watch since 2009. REUTERS

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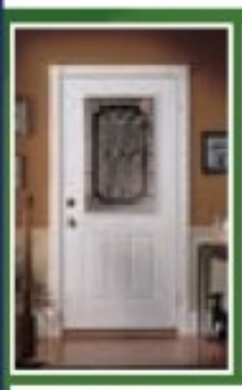

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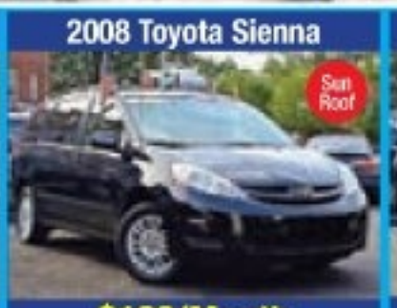

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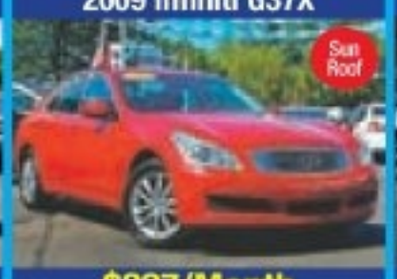

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US says hackers probed voting systems, no sign of damage

National security officials are investigating a number of possible leads suggesting that cybercriminals are trying to influence the Nov. 8 presidential election, including by hacking into systems run by the Democratic National Committee.

Donna Brazile gestures during Day 2 of the Democratic National Convention at the Wells Fargo Center in Philadelphia, Pennsylvania. GETTY IMAGES

Hackers have probed the voting systems of many U.S. states but there is no sign that they have manipulated any voting data, Homeland Security Secretary Jeh Johnson said on Saturday.

Republican candidate Donald Trump has repeatedly charged that the U.S. election system is "rigged" and top Democrats in Congress have charged that Russia is behind repeated attempts to access both party data and state voting systems.

"In recent months, malicious cyber actors have been scanning a large number of state systems, which could be a preamble to attempted intrusions," Johnson said in a statement. "In a few cases, we have determined that malicious actors gained access to state voting-related systems. However, we are not aware at this time of any manipulation of data."

The head of the Democratic National Committee, Donna Brazile, last month said the organization had been hacked by Russian state-sponsored agents who were trying to influence the election, when voters will choose between former Secretary of State Hillary Clinton and Trump, a New York real estate developer.

Debbie Wasserman Schultz resigned as DNC chair on the eve of July's Democratic National Convention after WikiLeaks published a trove of hacked DNC emails that showed party officials favoring eventual nominee Hillary Clinton over Sen. Bernie Sanders during the party's nominating contests. REUTERS

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THE YOUNG AND RESTLESS

Assuming all the talk of nastiness and sex tapes can be quieted for a few days (which is hardly a sure bet), here are a few other things you can watch for this week in politics.

1. MARGINAL MILLENNIALS
Even some pollsters are a little twitchy about the reliability of polls in this race. However, Hillary Clinton has once again edged up a tiny bit following Donald Trump's week of troubles. But hold on: Even as Clinton is courting millennials, a leaked recording has emerged from the Washington Free Beacon of her kind of, sort of, talking sideways about former members of the Bernie Sanders army. The recording was made at a Clinton fundraiser in February and she describes these young voters as essentially disillusioned kids living in their parents' basements who don't grasp how government works. For example, she notes they want free college — um, which is what she is now proposing to do at public colleges. Hmm.

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

While she didn't exactly trash-talk the young folks, watch for a wagonload of Clinton surrogates try to make nice on that front anyway ... just in case.

2. SLEEPLESS IN TWEETSVILLE
Honestly, who has any idea what is coming next from the Republican contender? As long as he has a smartphone it seems no one is safe from a tweet storm any hour of the day. That said, he was surging in the polls and gathering at least some favorable comments for his newly found self-control before the debate came along and blew all of that sky high. The question: Can he settle down and start selling stability again — or at least something like it? Hey, we all have bad weeks, but Trump is running out of time and space to recover if he slips again.

3. CLASH OF MIGHT-ENS
It's a battle to end all battles! It will be all out war, as Mike "Punisher" Pence meets Tim "Crusher" Kaine for the North American Vice Presidential championship! But seriously, they'll debate on Tuesday. So, you know, if you need help falling asleep ...

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'The Get Down' is turning heads

Real friends wear matching bomber jackets. NETFLIX

The Netflix series has some serious style, thanks to costume designer Jeriana San Juan.

LUZ LANCHEROS
Metro World News
letters@metro.us

Jeriana San Juan is the costume designer behind "The Get Down," the Baz Luhrmann Netflix series that has fashionistas buzzing over its cool '70s style. The show is a musical and above all, a visual delight. Thanks to San Juan, the show also features a hip-hop and disco-inspired wardrobe that reflects the debauchery of a series that made the '70s cool again.

What were your main references for this series?

I found inspiration wherever you can imagine, including vintage fashion magazines. I also found it watching films produced at that time, vintage clothing catalogs and photographs of Joe Conzo, who was a famous portraitist toward the end of the '70s and who took many photos of his colleagues in those days. I was also inspired by the work of Jameel Shabazz, who was one of the first photographers who documented urban street style.

Where did you get the clothes from? Did you transform them after purchasing them or was it all done in the studio?

The showroom was full of pieces that were acquired worldwide, and many of them were vintage. The extras were dressed almost entirely from vintage pieces, although many also wore modern clothing that was adapted to look more authentic. To design clothes for the characters, I often re-created a detail or an authentic vintage piece using a different silhouette or a new material. Sometimes I started to design from a reference and just let my imagination flow.

How did you create unforgettable pieces like the Get Down Brothers' bomber jacket?

The Get Down Brothers' jackets were inspired by a photo of a hip-hop group from the early '70s that wore satin baseball jackets. These were generic there, but I fell in love with its uniformity and also the way in which the satin reflected the light. It looked like the solution and the perfect way to represent their current situation and gave the guys an iconic look. I also chose red and dark blue because it created a synergy between the color schemes of Books and Shaolin.

You expressed that "cool" is the essence of the series, so how would you define this word?

I grew up in a Cuban family that did not have much money. When you grow up with that background, you know that it does not require a lot of money to have great style. I learned that early on, thanks to my Cuban grandmother, who showed me how to make dress patterns from old newspapers. The "cool" essence of the show does not come from guys with money, it comes from their creativity in wearing street fashion and interpreting it.

Jaden Smith NETFLIX

Mixing sneakers, chains and caps, along with glasses, was a new concept at the time. Everything was about keeping it fresh and looking great in your athletic wear. It was a revolutionary concept that remains in force today. I'm a big believer that it's just a matter of creativity and style to look "cool."

Why do you think the '70s are back again in such a big way?

There are many things from the '70s that are eternal because inherently, they are flattering to the body for both men and women. The wrap dresses, wide-brimmed hats, blouses with long sleeves, bell-bottom pants, big glasses. … These elements will always be flattering and easy to use, even if they are dramatic in silhouette. The '70s refined effortless "cool."

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Kurt Russell's love-hate relationship with mustaches

The legendary actor talks "Deepwater Horizon," keeping it real and facial hair.

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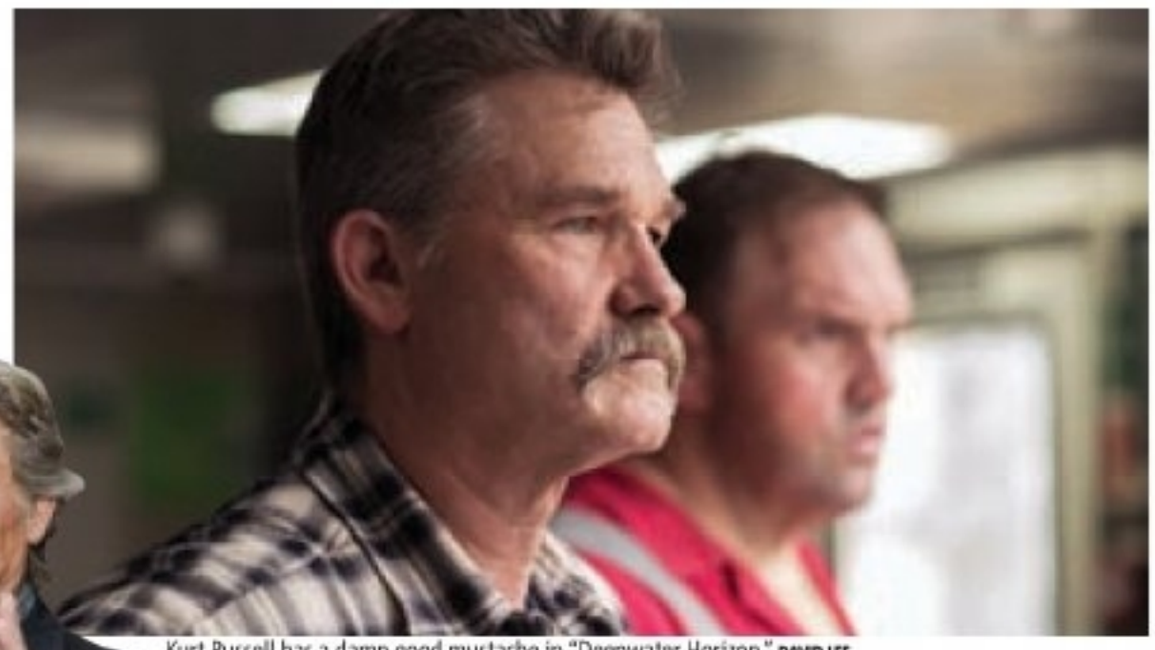

Kurt Russell has a damn good mustache in "Deepwater Horizon." DAVID LEE

Kurt Russell has a catchphrase he just made up about New Orleans: "You just sort of embrace the alligator of it all." It's a phrase we've never heard before, probably because no one's ever said it. (We Googled it.) But Russell is coining it. "I don't know if it makes any sense at all," Russell says, laughing. "But it sums up New Orleans for me: You just have to embrace the alligator of it all. Then you're OK with New Orleans."

The legendary actor, 65, is down in Louisiana to promote "Deepwater Horizon," near where the incident in the film — the 2010 BP oil rig explosion and subsequent polluting of the Gulf — took place. In the movie, by "Lone Survivor" director Peter Berg and starring Mark Wahlberg, he plays Mr. Jimmy, the rig manager who attempts to avert the disaster before it happens, then tries to survive as he and his crew are engulfed in flames.

I like movies about salt-of-the-earth types, because I don't really know many of them.

Me too. I know what you mean. Especially when they don't talk down to them. I don't like it when they talk down to them. I've sometimes started to be involved in projects where they did that, and I said, "I'm out. I don't want to be part of your inherent need to talk down to the rest of the country. If [the characters] aren't from New York or Los Angeles or San Francisco or Chicago, you have an inherent need to talk down to them. And I can't be a part of that."

GETTY IMAGES

You're also playing a real person, which adds another dimension.

I always look at it from the point of view of if someone was going to play me. I'd want them to be me. I wouldn't want them to do their own version of what they thought I was, just off the script, going, "Oh, yeah, he's kind of a loose and crazy guy!"

I should ask about your mustache here. You've been doing them a lot recently.

Yeah, I thought the same thing. It just happened that way. My favorite one in terms of [facial hair] is what I got to do for [the next] "Guardians of the Galaxy." It's a very cool beard. It's kind of a Moses thing.

You could always do a fake one, you know.

I'm actually thinking about doing that for a different project. And the fake ones look good. With mustaches, I hate them for my life but I love them when I'm working.

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The Barnes to debut its first photography exhibition

"Live and Life Will Give You Pictures: Masterworks of French Photography" will open to the public Oct. 8.

JENNIFER LOGUE
@jenniferlogue
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Self-Portrait with Leica, 1931. Collection of Michael Mattis and Judy Hochberg. © ESTATE OF ILSE BING

The Barnes Foundation, more than a Philadelphia treasure, is revered around the world as one of the most prized private collections of post-Impressionist and early Modern paintings. On Oct. 8, its first photography exhibit, "Live and Life Will Give You Pictures: Masterworks of French Photography," will premiere — running until Jan. 9.

Organized in conjunction with Art2Art Circulating Exhibitions, the special exhibition will feature seminal works of French photography from 1890 to 1950, including photographers like Berenice Abbott, Eugène Atget, Ilse Bing, Brassaï, Henri Cartier-Bresson, André Kertész, Jacques-Henri Lartigue, Dora Maar and Man Ray.

Thom Collins, executive director and president of the Barnes Foundation said in a press release: "This exhibition provides a fascinating counterpoint to the core holdings of the Barnes collection. The invention of photography in France produced a generation of innovative practitioners who were contemporaries of the Impressionist, post-Impressionist and early Modern artists embraced by Albert C. Barnes."

Street life, labor, leisure, celebrity, reportage and art for art's sake are just a few of the themes explored by the photographers and the exhibition will be organized thematically.

For more information, visit: barnesfoundation.org.

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'Terror Behind the Walls' at Eastern State Penitentiary

The scariest way to enjoy the Halloween season.

ALBERT LEE
@MetroPhilly
letters@metro.us

Kenny Witter after getting into costume.
ALL PHOTOS ALBERT LEE

Every year in mid-September through early November, the Philly neighborhood of Fairmount gets a wild invasion of ghostly and grim creatures. Some are zombies, others are not so easy to describe but they are all members of the haunted attraction "Terror Behind the Walls" at Eastern State Penitentiary.

Every year, over 200 actors are hired to fill various roles throughout the show. So what does it take to be a member of "Terror Behind the Walls"?

For starters, every applicant must be at least 18 years old. Bonus if you have experience or possess such things as "immense strength," know how to use a chainsaw or are able to make crazy noises. After all, we are talking about a haunted house. Applicants are also asked if they are willing to shave their head if a certain look requires it. Who gives much ado about hair?

Next, you're given a group audition with Amy Holloman, creative director for TBTW. Some things she looks for: "high energy, stamina, are passionate about Halloween, because of our grueling schedule. We really want people who want to immerse themselves in this role. If you're not into it, you're not going to perform as well. You're not going to connect with your coworkers or scare the customers. You have to believe in this fantasy world we're creating."

Besides being skilled at scaring customers, some absolute musts include being a good team player and following directions. After you've done a bit of role playing, Amy and her team will notify you by email if you're hired.

It should be noted that actors are divided into nine departments that include six attractions within the experience such as a Zombie Swat Team (costumed dancers) and singers for The Speakeasy at Al Capone's Cell, so there is plenty of work to be done. Seventy percent of applicants make the cut, and people keep coming back year after year. Just ask Kenny Witter.

Now in his fourth season, his acting resume includes doing theater in high school and taking acting classes in college, but he had no

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Interested Applicants for Terror Behind The Wall positions at Eastern State

Alisa Kleckner – Costume and Props Director

experience working at a haunted attraction. One thing he's learned from his time at TBTW is that you don't have to rely on just your voice to frighten a customer. "You can use your body, props and proper movement so you don't have to kill your vocal cords." Speaking of which, his role this year is managing the zombie team to ensure that customers are "screaming or laughing." A combination of both is best because they leave entertained."

And no small feat is the job Alisa Kleckner does to assist in leaving people breathless. She's the costume and props director for Terror and her responsibilities include costuming 200 actors every show night. This season, she's been able to churn out 50 new complete looks bringing concepts to reality. "I get to create the story of the character and actualize them visually while exploring endless possibilities." And with the addition of 3-D modeling and laser printing, the folks at TBTW will hopefully be able to look the part and frighten you for years to come.

As Amy would say, "Go big or go home!" Indeed.

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A practical guide for fellow procrastinators

ISTOCK
Finishing School.
The Happy Ending to That Writing Project You Can't Seem to Get Done.
Cary Tennis and Danelle Morton

jobs & education

HOW TO GET AHEAD

Whether it's your term paper or business plan, here's how to get the job done.

SARA FEINSTEIN
@MetroPhilly
letters@metro.us

All too often, people start projects with grand ambitions, only to later find themselves unable to finish. Seeing their expectations crumble, what follows next is a series of despair, doubt and often, even shame.

After finding themselves in a similar situation with their own lingering projects, writers Cary Tennis and Danelle Morton came together to create "Finishing School: The Happy Ending to That Writing Project You Can't Seem to Get Done."

In what could easily be described as a guide to procrastinating — something we've all been guilty of at one point — their book brings readers through a step-by-step process of reigniting and, eventually, completing that stalled creative project.

"It's a practical approach to finishing work," says Tennis. "There's people to deal with things like starvation and bad relationships. There's self-help people who will help you learn to sell more cars or make more money or dress better, but the one thing I felt that I wanted to do in the world was to help people finish projects."

Tennis and Morton walk us through some of the key elements of their approach.

Set realistic goals

"Mapping out specific times for a project, and then sitting down to work seems to really clear away distractions," explains Tennis. "It's a simple approach, but it works." The key word, however, is "realistic." Telling yourself you're going to finish your novel this month may sound great, but more often than not, you know it's not going to happen. By mapping out discrete and precise times for a task you want to accomplish, however, you come away every week as a winner. Even better, doing this repeatedly strengthens your capacity to make a plan and stick to it, explains Tennis. "Exercising it makes it stronger, and eventually, you master it."

Establish a support system

It's called the "buddy system." You probably followed it in kindergarten, but this time it's different. "It's pretty adult," says Tennis. The approach is simple: By linking up with a partner and checking in with them occasionally regarding the progress of your work, you create a system of encouragement and accountability. Of course, there are also other benefits. "It's a boost to not think of yourself as this lonely creature who's trying this impossible thing," says Morton. "There are other lonely creatures trying this impossible thing, too. You're both in the club together."

Avoid critiquing

For support in a writers' group, it's best not to read each other's work, explain Morton and Tennis. In fact, in many ways, sharing can be detrimental to a writer's progress. "The Finishing School" method instead involves simply discussing what was accomplished rather than the perceived success of the content itself. "We found that focusing it not on the quality of work leveled the playing field," says Morton. "When we sit down to write, we are actually equals. The problems of somebody who has ever written something before who is struggling with trying to finish are identical to the problems of someone who is an accomplished writer and still can't get that thing done."

Step-by-step

For many, falling off track with creative projects can leave them feeling down and ashamed. Even worse, according to Morton, people naturally tend to denigrate the things they do. The key to rebuilding self esteem lies in gradually developing evidence of their progress. "In reality, if every week you finish something and take your work seriously, then, brick-by-brick, you get rid of shame," says Morton. "If you continue to wrestle with it, and you continue to make progress, then you can hold your head up high as a creative person because in the end, you're getting it done."

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Girls Who Code expands free club program to all 50 states

Join the largest computer-science program for girls in the U.S. JESSICA STANTON

Girls Who Code, the national nonprofit devoted to closing the gender gap in technology, will expand its free after-school club program nationwide in the hopes of reaching 40,000 girls across the country by the end of the academic year.

Designed for sixth to 12th grade students, the clubs aim to empower girls to break into the male-dominated profession while teaching them to use computer science for the good of their community.

"Well before college, young girls have begun to opt out of computer science," said Girls Who Code founder and CEO Reshma Saujani. "One of the reasons is that students don't have the opportunity to explore computer science before college. They see 'brogrammers' — guys in hoodies coding out of their basements — in the media and think 'that's not for me' before they've even had the chance to try. Our clubs model allows for girls across the country to learn to code early and see how they can use it to make a difference in their lives and the lives of others."

What began in 2012 as one program for 20 girls in New York City has grown into a national sisterhood of peers and role models, 65 percent of whom attribute their decision to major in computer science to the program. Girls Who Code has partnered with 60 companies to provide internships and jobs to its alumnae — another step toward its goal of broadening the horizon for the next generation of female engineers.

To sign up for a club near you, visit girlswhocode.com. SARA FEINSTEIN

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Versatile DeLoatch helping Owls score on both sides of the ball

The Owls improved to 3-2 after a blowout win this past weekend.

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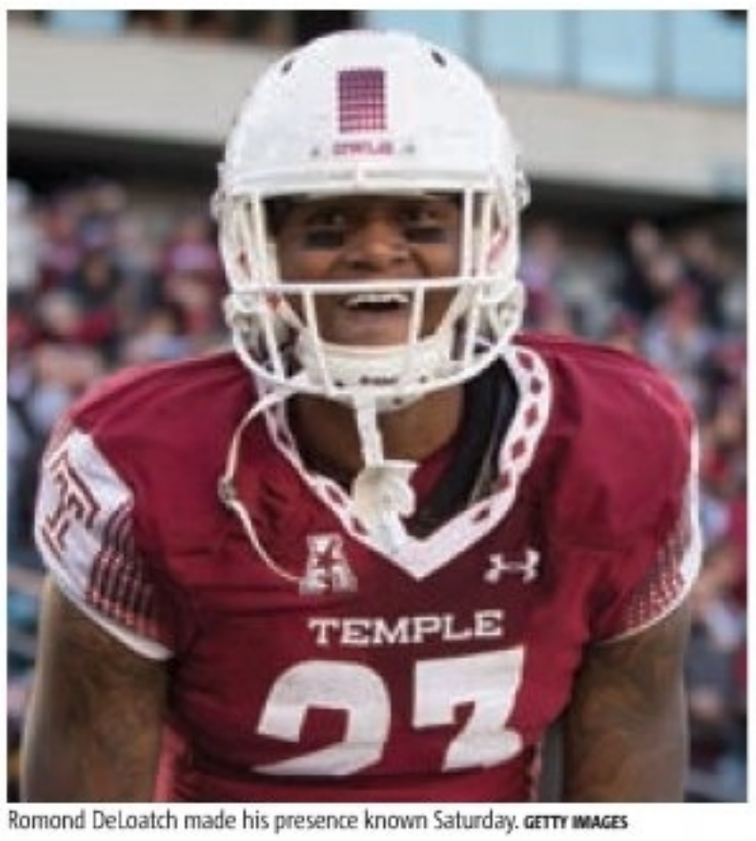
Romond DeLoatch made his presence known Saturday. GETTY IMAGES

Upon further review, Romond DeLoatch's moment in history will have to wait for another day.

But as long as Temple keeps pounding opponents into submission the way the Owls did in Saturday's 45-20 blowout of SMU, he insists he doesn't mind.

Still. it would've been something special had the 6-foot-4, 220 pound DeLoatch joined Utah's Eric Weddle (2006) and Stanford's Owen Marecic (2010) by scoring touchdowns from both sides of the ball in the same game. Only a replay reversal of DeLoatch's apparent first quarter score after rumbling 35 yards with a Philip Walker pass into the end zone kept him from such rarefied air.

Because just a few minutes later Hassan Reddick jarred the ball loose from SMU quarterback Ben Hicks. DeLoatch scooped it up and romped home from 8 yards out.

"I thought I was in the first time, but the referee saw something different," said the redshirt senior from Hampton. "But when I picked up that fumble I said to myself 'This time I'm gonna score a touchdown.'

"I'm proud of that."

Meanwhile, 3-2 Owls' coach Matt Rhule was proud of the way his team took command after that early turnover. He also liked how his defensive line, which had only five sacks for the season coming into this one, racked up four in this one, two by Reddick.

"It felt good to finally getting a consistent pass rush, said Reddick, as the Owls were able to tee off against the overmatched Mustangs' most of the day. "We did our thing. We stopped the run game early, which forced them to pass. It created more pass rushing opportunities for the defensive line."

Which led to DeLoatch, who never had played defense — including high school — until he was "punished" for showing up late for practice one day, getting his big chance.

"I was lucky to be there to pick the ball up," DeLoatch said. "I have to thank those guys for getting the sack. I'm still trying to get better and better and still have a lot to work on. But I'm happy to give the defense what we have to give them a breather."

He just finds it ironic the way it all came about.

"I came in late once my sophomore year," he said. "The coach said, 'Okay, go to the defensive end room.' I went in there and made a couple of plays. He says, 'You know what, everything happens for a reason.'

"So in spite of me getting in trouble it was good for the team."

Rhule and Co. appreciate it.

"He is really just bought into the time it takes to be able to play two positions, and play on special teams," Rhule said. "He comes in extra to make sure he knows both sides of the ball. He was doing it in the spring, so he has a good solid base of both sides."

He just never knows how often he'll be called.

Ryan Howard is second all-time in home runs for the Phillies. GETTY IMAGES

Howard's emotional farewell fitting end

Everything hit Ryan Howard Sunday afternoon — even though he didn't get a hit.

Minutes prior to the start of the Phillies 5-2 win over the Mets (to end their regular season at 71-91), the Phillies honored the Phils veteran first baseman for, what they claimed was commemoration of his team-record 58th home run hit back in 2006. But the fans knew better. And so did Howard.

The 12-year Phillies star is in the final year of his mega contract, signed before Howard tore his Achilles in 2011, and will in all likelihood be bought out and made a free agent later this fall.

After roars of applause and video montages aired at Citizens Bank Park on Sunday, Howard took the mic and something unusual happened. He became quite emotional.

"I'm just a laid-back cat from St Louis trying to play baseball," Howard said, later telling the crowd, "We had some good runs, didn't we?"

A plaque was placed in the outfield section where he slammed his record-setting homer in his 2006 MVP season by Howard's son. And as Howard finished his remarks, the sadness of his impending career ending (in Philadelphia at least) hit home.

"The city as a whole, I want to thank you," Howard continued, turning away to hide tears." My family has grown with all of you. On behalf of my teammates, I want to thank all you guys for coming out and supporting us all year ... these guys have really worked their butts off to try and be the best that they can coming out each day and each night."

Howard will need a new home in 2017, but he'll always be one of the main catalysts for the club's 2008 World Series run, and the slugger — who hit 25 home runs seven times, a grand slam 15 times and the second most homers and RBI in team history — will forever be a legend in South Philly. EVAN MACY

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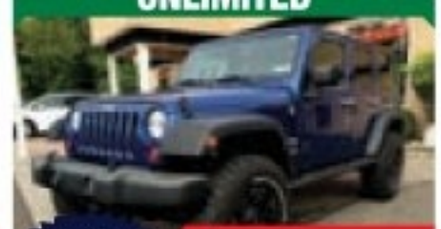
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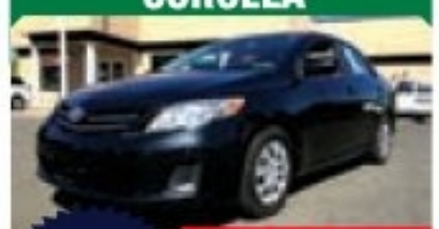
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NFL Week 4 roundup: Falcons thrash, shock Panthers, Patriots shut out

Sunday's early games did not disappoint.

LUKE MILLER
@LukeFM7
sports@metro.us

Here's a look at the action from Sunday's early games:

Atlanta 48, Carolina 33
Derek Anderson led the Panthers (1-3) back into this game after Cam Newton (14 of 25, 165 yards, TD) left to undergo concussion protocol following a blow to the head on a two point conversion in the 4th quarter. When the Panthers pulled within a score of the Falcons (3-1), Matt Ryan (28 of 37, 503 yards, 4 TDs, INT) and Julio Jones (12 catches, 300 yards, TD) responded with a 75-yard touchdown. All in all 40 points went on the board in the 4th quarter of this NFC South shootout.

Oakland 28, Baltimore 27
After the Ravens (3-1) took advantage of a 52-yard touchdown to Steve Smith and an Oakland (3-1) fumble to turn a 21-12 fourth quarter deficit into a 27-21 lead, Michael Crabtree caught his third touchdown on the afternoon to give the Raiders the win.

Chicago 17, Detroit 14
Da Bears (1-3) got da win for the first time this season by shutting down Matt Stafford (23 of 36, 213 2 INT) and the Lions (1-3) offense. Detroit's only touchdown came on an 85-yard Andre Roberts punt return in the fourth quarter.

Houston 27, Tennessee 20
Bill O'Brien took over play calling duties in Houston (3-1) this week and it showed as they built a 14-0 lead over the Titans (1-3) in the first quarter. After two DeMarco Murray touchdowns saw the game once again level at 20, rookie sensation Will Fuller added a 67-yard punt return to his 81 receiving yards to give the Texans the victory.

Seattle 27, Jets 17
Russell Wilson (23 of 32, 309, 3 TD) may have been playing on a sprained knee, but his arm looked fine against the Jets (1-3.) With three more interceptions this week, the Jets have turned the ball over 11 times in their last two games. The Seahawks' (3-1) new signing C.J. Spiller got their first touchdown of the day on an eight yard reception.

The Patriots are ready for the return of Tom Brady. GETTY IMAGES

Buffalo 16, New England 0
The Bills (2-2) came to play for their embattled coach for the second straight week and blanked Jacoby Brissett and the Patriots (3-1) in the last game before Tom Brady returns. LeSean McCoy caught a 7-yard pass for the game's only touchdown.

Washington 31, Cleveland 20
The Browns (0-4) became the first team this season to lose four games, though pending the results of later games, New Orleans may join them there. Washington (2-2) won as Kirk Cousins (21 of 27, 183 3 TD) threw two touchdown passes to Jordan Reed and Matt Jones had his first 100-yard rushing day since Week 2 of the 2015 season.

Jacksonville 30, Indianapolis 27
Typical London weather led to a slippery ball for Colts (1-3) receivers. The Jaguars (1-3) held on for their first win of the season after Allen Hurns and Phillip Dorsett traded long touchdowns in the morning game.

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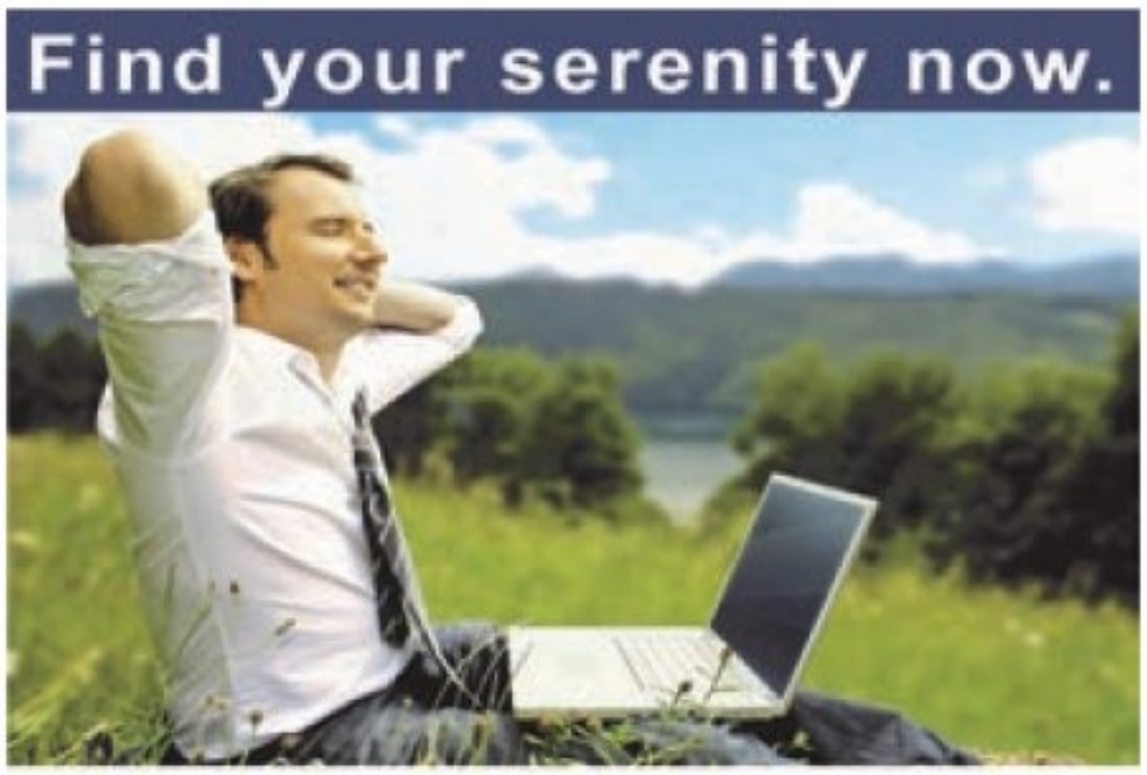

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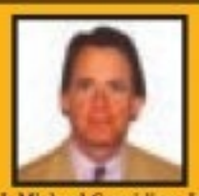

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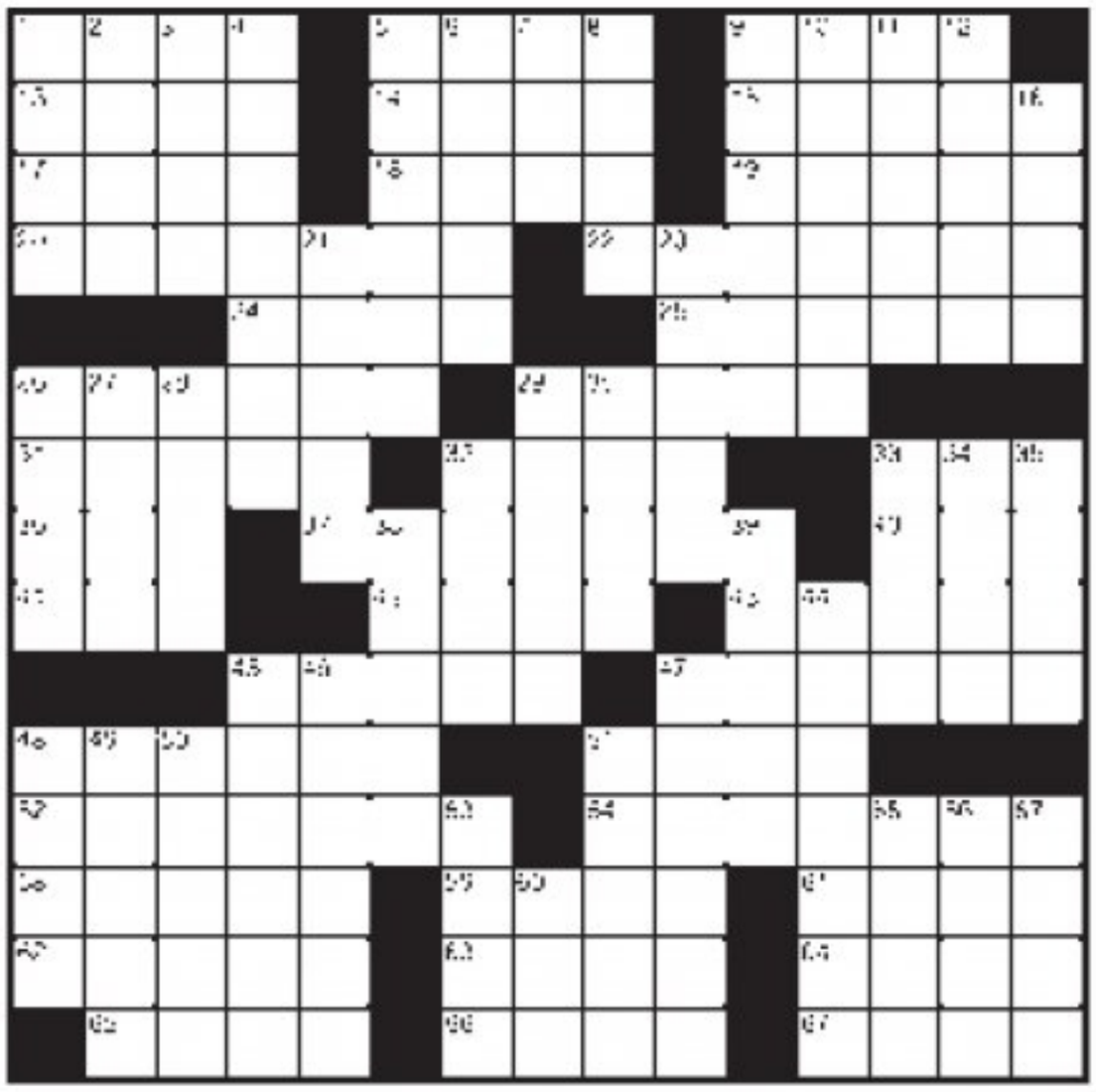

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				9				4
4					5	9		8
2		6	4					
	8		9	3	6		1	
		7		5		3		
	3		7	1	2		8	
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7				6				

hard

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6	5	1			8	9	4	
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		7			9		3	5
	8			6				
	4	3	8			6	5	9
			5					

metro.us/horoscopes

Aries Your emotions will fluctuate as the day unfolds. Keep your thoughts to yourself in order to avoid an argument. An affectionate approach will help you persuade someone.

Taurus Taking a trip or attending an event that encourages personal growth, knowledge and enlightenment will open your eyes to new ways of doing things.

Gemini Consider your personal and professional situations and the changes that would make you happy. A challenge will do you good and help you decide what to do.

Cancer Giving in to your emotions will set off a series of unexpected events that will leave you feeling insecure. Use your intelligence to work your way through any dilemma.

Leo Plan to do something special and entertaining with the people you love. Take a pleasure trip or collaborate with someone who shares your creative talents or dreams.

Virgo Don't try to impress someone by spending a lot of money. Concentrate on building a strong relationship with someone who has something to offer you.

Libra Take responsibility and do what needs to be done. It's up to you to make things happen, so stop waiting for someone else to take the reins. Stay focused and in control.

Scorpio Do your own legwork. Relying on someone else will lead to disappointment. Make special plans with a loved one. A romantic gesture will improve your life.

Sagittarius Push a little harder if you want to bring about change. It's what you do, not what you say that will count. Express your concerns and make your decisions clear.

Capricorn Refuse to let anyone disrupt your plans. You will encounter someone who will not only encourage you, but will assist you in reaching your goal.

Aquarius Raise your profile and boost your reputation by taking part in a conference or trade show. Collaborate and negotiate your way to the top.

Pisces Take the initiative and make the first move when it comes to affairs of the heart. Your suggestions and romantic gestures will intrigue a loved one. EUGENIA LAST

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